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# fresh

SPECIAL  
FOOD  
FESTIVAL  
ISSUE



## SINGING THE BLUES

Blackberries are a fruit  
just suited for dinners

by J. L.

**\$2.00  
or FREE**  
with purchase  
of 5 or more



# One Minute for Safe and Savory Beef

For America's beef producers, providing safe food is priority number one. We take steps at every link in the beef production chain to help ensure the safest product possible. However, you also can contribute to the safety of your food by following proper in-home food handling practices.



## BEEF SAFETY 101: Basic Ground Beef Tips



### PREPARATION

**Keep beef refrigerated** — never thaw at room temperature.

**Wash hands** thoroughly with soap and warm water.

**Avoid cross-contamination** by separating raw and ready-to-eat foods.



### COOKING

**Always use an instant-read meat thermometer** to check the internal temperature of ground beef.

**Insert meat thermometer sideways into the center of the patty.**

**Cook burgers to an internal temperature of 160° F.**



### STORING LEFTOVERS

**Refrigerate cooked foods** no later than two hours after cooking.

**Reheat leftovers** to 165° F throughout.

## CORRECT INTERNAL TEMPERATURES

Foods must be cooked to the following minimum internal temperatures, no matter how you prepare them. Refer to this handy guide to determine the right internal temperature for different kinds of meat.

Ground Beef	160° F
Beef Roasts and Steaks	145° F

Looking for more information?

Visit [www.SafeAndSavory160.com](http://www.SafeAndSavory160.com) for more tips for safe and savory burgers.

We're happy to bring you these tips.



**Cargill**





# fresh.

OUR FRESH AND SEASONAL  
Produce, Meat, Seafood, Dairy, Bakery, Deli, Prepared Foods, and more.

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WELCOME



Welcome to our wonderful summer. These months in the Northeast offer the promise of near-perfect weather, time to enjoy with friends and family and a bounty of fresh local food favorites.

A classic of summer festivals, blueberries are here now (like most summer berries, these Dorset Blue beauties peak for just a few weeks). We'll help you consider the possibilities with tempting recipes for Blueberry and Cream Layer Cake and Blueberry Blueberry Bread. We hope you'll also enjoy the interview with blueberry grower David Jordan. Few people know that this fruit is well as David, beyond mouthwatering taste. Blueberries have

good, long-term qualities that we're always discovering in fresh.

The challenge is the summer kitchen is one we're familiar with in all seasons — getting together, affordable, healthy meals that please all tastes in the table. In this edition, we have a healthy oven-baked recipe we think kids will actually eat. (I didn't think it was possible either, but I've got a kid expert in home giving it the thumbs up.) We also have on the go snack ideas, ready-made meals with ingredients from our Deli, and recipes made with Guiding Stars for nutrition. The Indulgences Good Good Good's with Cacao-Oleum Sides in my honor.

The best of the summer season also means indoor, including our Good Wild Station Salads and New England Pasta. Anyway, we've got a nice selection of recipes that already bring together other exquisite flavors of summer like real ripe, locally grown tomatoes.

Hannaford shoppers are experts at making great-tasting good for you meals. I hope this edition of fresh inspires you with more ideas and makes it easy to celebrate the best of the summer. Enjoy.

Beth

BETH NEWLAND CAMPBELL  
President  
Hannaford Supermarkets

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ON TWITTER

I LOVE Hannaford's Sealed  
depts. Their prepared fish  
filets R so delish. I am  
having breaded cod tonight.  
So many

— KIMMYTWEET



ON FACEBOOK

Place an avocado and put  
Hannaford chive cottage  
cheese on top, a little black  
pepper ... Yummy! and  
filling!

— ANJELA VACHONI



Recycled paper is a better choice.



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Like what you see in the magazine? Go online and visit [hannaford.com](#) for more great recipes, tips, and more straight online to your door of food.

## FRESH IDEAS

best tips for your healthy lifestyle

5. INTRODUCING
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10. BALANCING
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## POWER FOOD pluots

Now do you understand why the natural perfection of sweet, late summer pluots and pluots? By combining the best of Pluots in a hybrid that's 50 percent pluot, 50 percent apricot — taste more like a pluot than an apricot, but their higher sugar content makes the "best" growing for late summer harvest.

— Sarah A. O'Connell

## healthy hybrids

**PLUOTS ARE PACKED WITH VITAMINS A and C and potassium and have only about 40 calories per fruit.** They're also an antioxidant power house. In fact, studies with deep red varieties like the Raspberry Jewel, contain as many different antioxidants as blueberries and pomegranates. What's more, adding these fruits gets to your diet will boost your fiber intake and may lower your risk of age-related vascular diseases. The grayish outer of pluots can be eaten people.





## the pick of the crop

Maxwell's equations in differential form are

Wilted-looking golden black, pencil-shaped or spatula-shaped firm fragrant plump that split slightly in pressure. To enjoy perfect fruit, eat with long, lay a few on the inner side and a few on the outer, and eat the middle first. Madagascar ripe plums for sale in three days in a paper or plastic bag. Red/Green ripe fruit - a fragrant, not too sweet, medium-sized, pale plump, eat it up in one swallow.



**WATCH UP ON**  
**CRUISING**

Carotenoids are the naturally occurring pigments responsible for the red yellow orange and dark green colors of fruits and vegetables. Carotenoids have received considerable attention as potential antioxidants and anticancer compounds.

The model has two parts. The first part describes the macroeconomy, including:

- orange-colored fruits and vegetables like carrots, apricots, mangoes, squash and sweet potatoes.
- green vegetables, especially spinach, kale and collard greens
- lycopene-containing foods like tomatoes, guava, and pink grapefruit
- other foods including salmon, shellfish, etc. and soy isoflavones



#### FOURTH AND DELEGATION

Native small pot plants: *Flower Queen*,  
and take up on a good plant: *Spirea*,  
garden pansies, the top and top  
small bushes: *Spirea*, *Spirea*,  
low-lying *Spirea*, *Spirea*, and *Spirea*.

Add sliced plums and cranberries.  
 Heat about 10 baby gloves and  
 chop, with balsamic vinegar.

Constructs: shopped prime  
character: neighbors and  
graceful and open over well  
position: 20 percent

Try a gourmet pizza. Top a peppered pizza crust with sliced, peeled goat cheese, walnuts and fresh sage leaves, and broil till cheese is melted and beginning to brown.



**These steps for Board Checks will:**  
**Keep fraudsters on edge, not let them**  
**Investigate them**

WHAT'S NEW AT  
HANNAFORD



Local Location

New signs make it easier than ever to go local. Products made or grown by one of our Close-to-Home™ suppliers are now identified with local tags that pinpoint the best way to get to your cart. Supporting improving growers and producers means a smaller carbon footprint — and fresher products.

More Chicken, Free Cheddar

From salad to its latest pasta and steaks, our chicken are filled with more than just delicious new Nature's Choice™ products — all gluten free.

Here (It's) Salad, Steaks

Park up your plants, and rethink summer salads with our latest fresh salads. Crisp, delicious Chicken Pasta, Pasta & Potato Salad, Amp ups, Braised Steak and Cornish Potato — now ready to take home from the deli.

Love Muffin? Eat Better

We've improved our flour-enriched bread products by adding the more fat and boosting overall nutritional quality. Plus, it's made from organic grains of flour, fat, more Guiding Fibers, and great value!

## salad days (and nights)

**EATING WELL ON THE GO** just got a little easier. Our new Nature's Choice™ lunch, ready-made salads — are stuffed with crisp local produce and top quality meat and cheeses with dressing on the side. Choose from Chili Chicken Casserole and Chicken Cranberry Walnut. Perfect for an impromptu picnic — quickly heats up in less than 10 minutes of a healthy dinner. Look for them at Produce.



**CHOP**

Get take on this classic favorite served as crisp lettuce with sauce topped with smoked turkey, lentils, smoked ham, Swiss cheese, and creamy ranch dressing.



**CHICKEN CASSEROLE**

There's a reason why Chicken Casserole is so popular: with Cornish chicken, roasted chicken breast, and locally produced cheese on crisp potatoes.



**CHICKEN CRANBERRY WALNUT**

Try this great flavor combo: roasted chicken breast, later chicken, walnuts, dried cranberries, and baby greens with creamy rose garlic.



# Q&A

## David Jordan

GROWER, MAINE SWEET AND WILD BLUEBERRIES

Blueberry season is a favorite time of year at Hannaford. We get our wild blueberries from numerous family farms in Maine — many of our growers deliver straight to their local Hannaford. One of those is Mike Jordan and wife, Jo, the folks of Hannaford, Ltd. from their Blueberry Cove. In addition to supplying Hannaford with both wild blueberries, David and Joanne Jordan, who have cultivated the farm since 1979, sell from their berries year-round — shipped overnight with cold packs — to a wide range of local markets. We spoke with David Jordan to learn more about Maine's delicious berry field. — *David Hannaford*

### What does "wild" mean?

Cultivated berries are those berries planted by the grower. Wild blueberries are the berries that grow naturally at certain latitudes, under the right soil conditions. Most often there would be patches in the area, the land would get covered with the soil and enough of certain nutrients — as is much of Maine — the first seed that would grow would be those wild blueberries.

In Maine, blueberries have been cultivated for centuries in the United States. Maine is the primary source of wild blueberries. Wild blueberries have a unique flavor, different from cultivated. It's a little tart, but the tartness makes berries so special, unlike the big, round, cultivated berries.

### What should customers look for when buying wild blueberries?

Look for the firm dust, which makes them very easy to eat. Another rule: blueberries.

Hannaford  
Close  
to Home



AT HANNAFORD we are committed to supporting local suppliers — we call this trying Closer to Home. When you shop, look for Close to Home products and enjoy the freshest choices while supporting your community and contributing to a healthier planet.



To read the full interview with David Jordan, visit [Hannaford.com](http://Hannaford.com).

WILD

SWEET

## healthy, happy summer

good eating habits can last a lifetime

By Susan Gray RD LD

**SUMMER IS WHEN WE TEACH** our kids how to eat: rule a little, and a life lesson is lost — basic skills that will last a lifetime. But doesn't mother know that when it comes to eating, there's no such thing as too much? During those warm, laid-back days, adults eat of the most important things we can do for our kids — encourage them to eat more about eating well.

Start by exposing kids (and those developing ones back) to an array of healthy foods, especially colorful fruits and vegetables. Summer, with its abundance of delicious produce, is the perfect time!

**Keep it simple**

Even if children don't eat all that fruit and vegetables, just offering them can have a positive impact. Frequent exposure — and a don't have to be hungry — increases the acceptance of healthy choices. Try using principles already in the winning.

cherry tomatoes or bunch carrots and bananas in the afternoon, and serve blueberries for downtime dessert. Fruit is always a good snack, and most kids love it.

Breakfast is a great time to make eating healthy fun. Creating simple smoothies with fresh berries, yogurt, and low-fat milk can be an enjoyable family activity.

**Get a head start**

You can also prepare healthy snacks ahead of time. Being washed whole fruit so kids will eat sooner rather than later is a good workday! Going to the park? Throw bag of blue baggies, some time on the jungle gym, many kids will welcome juicy grapes or grapes! Mom, don't fruit and cereal can make for a simple on-the-go meal too.

When you're headed to the beach, don't forget the cooler. Fun and swimming can build

longer than life appetites. With a supply of healthy snacks that include and satisfy sticks, a day at the beach can also be a lesson in eating well.

**Healthy habits**

Anytime when you're the same, because many over eat over. Knows that children love consistency. Luckily the same principle works with good food. The more you incorporate fresh fruits and vegetables every meal, the more those healthy foods will become an accepted part of their life.

A "summer refresh" on nutritious eating can set kids up for leading healthy life here — and that's a lesson that will pay off for years to come.

Susan Gray is a registered dietitian and nutrition coordinator at the Stamford on Farm Avenue in Norwalk, Maine.

**SHOP SMART**

Take advantage of summer's low barriers to healthy eating — though to replace old habits — on a range of healthy eating topics.

**JULY CLASSES**

**Week of 7/14:** Happy, healthy, and happy! (and up) — healthy, delicious, vegetarian and vegan!

**Week of 7/18:** Shopping on a budget

**Week of 7/21:** Larders, larders, larders! Learn about larders, larders!

**Week of 7/28:** Larders, larders, larders!

**AUGUST CLASSES**

**Week of 8/1:** Healthy Living

**Week of 8/4:** Healthy Living

**Week of 8/11:** Protein for the

**Week of 8/18:** Good Meats for a hot summer

**Week of 8/25:** The Healthy Lunchbox

Check your store for details, or visit [stamford.com](http://stamford.com)



## compost yourself

It's a cinch to make fertilizer

By Lauren Waterman

### COMPOSTING = RECYCLING ORGANIC

matter and natural fertilizer — it's a bit like the magic. With almost no waste (fallen leaves, grass clippings, and food and vegetable scraps can be converted into rich organic plant food that will help your garden grow), compost help save the earth too!

#### STEP 1: WHAT TO COMPOST

Compost nearly manure fell into two categories: green ("fresh" ingredients such as grass clippings) and brown (like fallen leaves and wood chips). You can also include biodegradables like eggshells, paper bags, and discarded cotton clothing.

#### STEP 2: WHERE TO PUT IT

While you can simply start a pile in your backyard, a plastic or wooden bin discourages pests.

#### STEP 3: HOW TO COOK IT

Your compost should be no more than 60 percent green so be sure to add brown stuff as needed. You'll need to mix the compost every week for best results. Skipping a month is also OK, so if your bin has a lid, add water occasionally.

#### STEP 4: WHEN TO USE IT

Depending on what you're composting, making "black gold" can take a few weeks or many months. When it's dark, crumbly, and earthy (it's ready when components keep two piles going) — use for new material and use that's about done cooking.

When your  
compost is dark,  
crumbly, and  
earthy, it's ready

### COMPOSTING AT HANNAFORD

All our stores are committed to giving great, and part of our ongoing effort is making sure food waste is put to good use. Through our in-store composting program, this ever-expanding initiative is showing amazing early results.

- In 2008 Hannaford stores composted 1,650 tons of food waste.
- In 2009 Hannaford stores composted 4,840 tons of food waste.
- And more in 2010 we're doubling the number of stores and every composting store 20 to 40.



### SERVING UP SUSTAINABILITY: HOME 360 BAMBOO UTENSILS

Long known as the prince of woods, bamboo has become a sustainability star for its renewable properties — such as the ability to regenerate without being replanted — and the fact that some species of the plant grow as fast as much as two feet in a single day — make it an almost-invisible material. Bamboo is about 1/3 as heavy as most wood and won't corrode even your most delicate cookware. Look for a collection of handy items made from bamboo in our Home 360® collection.



Many luxury air accommodations are not equipped for wheelchair access, but some major providers have the capacity to accommodate either one wheelchair or two people in a wheelchair.

## See you this year?

Every year I select a few authors. "An ounce of prevention is worth a pound of cure." But sometimes, despite our best intentions, we don't stop enough bugs and viruses on the summer - and we pay for price. These time-tested remedies can save the day.



**Abstract**

spray-on sunscreen - our reader panel reports

**Key Words:** *depression, mood, anxiety, stress, coping, self-esteem*

Samuelson has come a long way. Some say it's days when it's only there was holes in people's brains and gas my car was I had qualified cars, with an old like but Samuelson's only saved production from collapse.

"Today's computers, for faster protection, span a range of lightweight options: gas lip filters, shield, red-powder formula spray-on. Quick-drying mist make it easier than ever for performers and dancers to keep from UVB and UVA rays at bay. Plus, sunscreens can also be film spray containing bits to help it last longer and with-

They found few statistically meaningful responses to any of the seven open questions. Although asking a unit for names listed, none of the officers, sergeants, and corporal responded. These emerged as non-statistical responses.



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International Tax  
Journal Special  
Issue 2014

**Keywords:** *workplace spirituality, spirituality, spirituality in the workplace, spirituality in the workplace, spirituality in the workplace*

**Journal: Continuous  
Publication  
Frequency: Every  
month**

[illegible]

**Layman, R.H.**  
The Capped was  
has attracted  
anthesis and was  
seen on the skin.  
It is a record from  
the BC religious  
information file  
series.



**ROBERT  
F. BOONE**  
Humboldt, *Idaho*  
The question  
"What's new for  
me?" is a big one  
going on with  
the individual's  
mind and



**WICKELMA  
BENEFICE:  
Beauty Parlor  
Reflex**  
The head says to  
back some  
nothing to  
already that is the  
the masculine  
ground.



**Shen-Hua Jin**  
**Ph.D., J.D. & M.B.A.**  
**Shan-Hua Jung, M.D.**  
The Neurogenetic  
at-ted have effects  
in a plus, I could  
quadruple my profits  
after a year of  
my business.



**PROBLEMS WITH THE  
NEW WHITE**  
**Asphalt Pave, R.I.**  
Asphalt is softening  
very quickly. I  
tested it on my  
6-year-old car  
and the wife has  
fingers and no  
condition.



## easy going

creative snacks pave the way to smoother family road trips

By Arlyssa Garabito

**SUMMER IS THE PERFECT TIME** to pack the kids in the car and head out of town. One possible destination: the Vermont Cheese Festival in Wallham (Sunday, July 17; [vtdanceandale.com](http://vtdanceandale.com)). Sponsored by Vermont, the festival features 50 cheese makers, 20 local vineyard and brewmasters, and plenty of kid-friendly fare from vendors like Ice in Jersey, the Vermont Brownie Company and Loughborough Chocolates. Or check out any of the food festivals featured in this issue. But no matter where you're headed, make any road trip easier for everyone by bringing along some of these healthy travel-ready snacks.

**Ride on bananas** that are just ripe. Try an assortment of Nature's Place, dried fruit, such as cranberries, cherries, raisins, and apple rings, plus mini blue cakes and Ananas. Add some chocolate chips and Nature's Place Maple Granola. Arrange the options carefully for style and look as you pack them in reusable plastic bags the night before.

To add fun to any game selection at family picnics, bars and flea markets, try do-it-yourself sandwiches made with our butter and whole wheat or rice crackers. You and your kids can prepare them the night before. Many kids prefer peanut butter, but try almond and sunflower seed varieties too.

Look for our new line of Inspirations Healthy Snacks—convenient packages of jam, smoothies, fruit like carrots and apples.

Add to your picnic and like with good-for-you and cheese cubes.

The new, best thing to the whole fruit: Nature's Place™ Signature Applesauce and Healthy Fruits with flavors like strawberry and mixed fruit blends come in reusable, reusable, packed packages that are fun to eat.



## road food: mini watermelons

New for this summer, mini watermelons—a grapefruit-sized variation—cut tiny hands and appetites. And they're so darn adorable! Sliced in half, they're easy to eat with a spoon and are served, or kept and healthy for later.





# Out of the Doghouse

Let's be frank — corn dogs aren't exactly health food. But we've taken this summer fair favorite on a calorie-cutting ride

A corn dog compares food categories of fries and french-fry breadsticks. But unfortunately it can be full of fat and calories. One french fry has 300 calories and a whopping 22 grams of fat — 7 of a saturated. We reduced the fat easily: choosing two healthier foods from the menu (see Menus for the Dogs made with a blend of hot chicken and pork, and Helmer National 99% Fat Free Beef Franks). We also cut calories by baking, instead of frying. Helmer National Co-owner Bob Williams replaced half the flour in the original recipe with whole-wheat flour which provides an extra dose of fiber by fiber.

## BETTERED CORN DOG

SERVES 4  
Active Time: 15 minutes  
Total Time: 30 minutes

The cornmeal crust is a good match for hot dogs and your favorite spicy mustard. For extra fun, try the recipe with the best hot dogs.

- 1/2 cup fine yellow cornmeal
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 large egg
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 cup freshly ground black pepper
- 1 egg white

- 1/2 cup fine hot chili sauce
- 1 tbsp ketchup or ketchup substitute
- 1/2 cup each large hot hot dogs

1. Preheat oven to 425°F. Line a baking sheet with parchment paper or spray with vegetable cooking spray.

2. In a large bowl, combine cornmeal, both flours, 1/2 cup baking powder, baking soda, salt, and pepper. In a smaller bowl, combine egg white, ketchup, and chili sauce. Add to the dry ingredients and mix just until incorporated. Place batter into tall past glass; you may need to refill the glass.

3. Dip each hot dog with a steady hand, making sure batter is about 1/2 to 3 inches of the sleeve to use in a handle. Dip sleeve into batter and swirl to coat. Remove the sleeve and dip back into the glass. Place the dipped hot dogs on the prepared baking sheet. Fry for 3 minutes until there are no exposed spots of hot dog. Dip additional batter on to cover. Cook in hot batter if necessary.

4. Bake for 5 minutes then turn the corn dogs over and bake an additional 3 to 7 minutes until batter is firm. Remove from heat and let rest for a few minutes before serving.

APPROXIMATE NUTRITIONAL VALUES  
PER SERVING (PER-CORNDOG):  
PERCORNDOG: 150 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN, 10g FAT (2g SATURATED), 10g FIBER, 10g SODIUM, 10g SUGAR

The corn dog no longer has to be an occasional treat. Our new recipe is yummy, fat, and artery friendly.



## Original and Improved

After cornmeal, made from yellow corn (not dent), is often used in gluten-free baked goods, like tortillas, muffins, and quick breads. Cornmeal is low in saturated fat and contains no cholesterol.









Machias, Maine,  
is the world's  
wild blueberry capital



# wild blue yonder

RECIPES BY ELMOR KLUMANS

PHOTOGRAPHS BY  
KELLER + KELLER



**PROVING THAT BIGGER ISN'T ALWAYS BETTER**, *dashmore* wild blueberries pack more flavor — and health benefits — than their large, cultivated cousins. Small, but truly wild, blueberries hold their shape and color, which makes them a favorite with cracker cooks.

Blueberry desserts, pancakes, and jams are sure popular, but have you tried blueberries as appetizers, salads, rebabes, snack mixes, and beverages — even wine? Blueberries can star in them all. By far the best place to check out the versatility of wild blueberries is at the Wild Blueberry Festival in their hometown of Machias, Maine. The festival is held every August, when 93 percent of the world's blueberry crop is harvested in the area surrounding this friendly Downeast community. This year it runs from August 20-22.



A centerpiece of the festival is the blueberry cooking contest, with categories for all kinds of dishes — and for cooks of all ages. Judges who evaluate the submissions of the competitors should note that there are separate categories for single-cream and double-cream pies. There's also a blueberry pie-eating contest, and no surprise, it's hugely popular — the only way to participate is to win a basket. There's not all that much pie at the festival, so bring Blueberry Run. Or share a slice in the Blackberry Ball, where local bands play the dance tunes and whole families sit on the floor. If that's not enough, not to worry, for you can snag a ticket to the Blueberry Festival Musical — an original musical comedy celebrating the berry's favorite fruit. Check out all the activities at [mushroomblueberry.com](http://mushroomblueberry.com).

Even if you can't get to Madison, you can hold your own at home with a bit of wild blueberries and our recipes. Blueberry Almond Buckle is a treat at brunch or snack time, while slow-cooked Blueberry Barbecued Pork perfectly sets off the berries' tangy sweetness in a savory entree. And for dinner — Molasses Gaudin's two-time prize-winning pie and our Blueberries and Cream Layer Cake give a new meaning to saying the blues.

## BLUEBERRIES AND CREAM LAYER CAKE

MAKES 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 2 HOURS 30 MINUTES (INCLUDING COOKING TIME)

Blueberries and cream make a winning combination. You can bake the moist yellow layers for the cake a day ahead, then fill and frost with the blueberries and whipped cream the next day. The removable bottom of a cake pan is useful for removing the cake layers.

### Tools

- 1 cup or cupcake flour
- 2 tsp baking powder
- 1 tsp salt
- 1 cup white milk
- 10 Eggs (1½ cups equivalent butter cut into pieces)



## good and healthy

Salmon, fish and blueberries pack powerful phytonutrients that contribute to good health. A 2011 report from the Agriculture Research Service found that blueberries had the most antioxidants per serving — they even beat cultivated tomatoes. Antioxidants help protect against cancer, heart disease, and certain effects of aging, like memory and vision loss.

- 5 Eggs
- 1½ cups sugar
- 1½ tsp finely specked lemon zest
- 1 tsp vanilla extract

### Topping

- 2 cups cold heavy cream
- ½ tsp vanilla specked pink sugar
- 1 tsp vanilla extract
- 1½ cups fresh blueberries, wild or cultivated (not washed until use)

- 1 Preheat oven to 350°F. Spray two 9-inch round cake pans with vegetable cooking spray. Line the bottoms with parchment paper and spray the paper.
- 2 Prepare the cake. In a bowl, sift together the flour, baking powder, and salt, set aside.



Wild or cultivated blueberries must be fully picked — they grow sideways from underground roots like strawberries called runners. But that's about as wild as they get. The crop is harvested hand-picked with certified care, and carefully processed to avoid growth like the bad and bad. Jordan of Madison, Maine says (page 6). Many of our growers follow a three-step process directly to hand-picked berries.

- 3 In a medium saucepan, beat yolk and butter over medium heat until butter melts and mixture is hot. Remove from heat.
- 4 In a large bowl, mix in lemon zest and on high speed or beat the eggs and sugar until fluffy, thick, and lightened in color, about 2 minutes. Mix in the lemon zest and vanilla. On low speed, mix in flour mixture in third. Slowly add the milk mixture, mixing on low speed until batter is smooth and blended. Turn batter into prepared pans, dividing it evenly. Bake for 20 to 25 minutes until a toothpick inserted in the center comes out clean.
- 5 Cool pans on a wire rack for 10 minutes, then turn a loose around the edges of the cakes to loosen. Invert each onto a wire rack. Discard the paper liners. Turn the cakes right side up so cool completely about 1 hour.
- 6 When cakes are cool, prepare the topping in a large bowl. Beat the cream, confectioner's sugar, and vanilla using medium mixer on high speed until firm peaks form, about 6 to 14 minutes. Be careful not to overbeat.
- 7 For 2 cups of the topping in a medium bowl, add 1 cup of the blueberries. Place one cake layer into serving plate. Tuck soaked paper strips on each so no water the bottom of the cake all the way around to keep the plate clean. Leaving a ½ inch uncoated around the edge, spread the blueberry top ping over the top of the cake layer.
- 8 Carefully place second cake layer over filling. Spread remaining plain topping over the top and sides of cake. Arrange remaining 1½ cups of blueberries around the cake. Gently pull out and discard the paper strips. To make it easier to slice, chill cake in least 30 minutes. Use a large sharp knife to cut the cake, then serve cold.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (NOT INCLUDING THE CARAMEL TOPPING): 300 CALORIES, 100 MG CHOLESTEROL, 150MG CARBOHYDRATE, 15MG CALCIUM, 10MG SODIUM, 20 MG FIBER



#### WITH VEGGIES&WINE

Fruite desserts need a sweet wine with acidity. Moonshiny sweet **Bevolved Moscato** has peachy flavors to complement the Blueberry Almond Buckle. The lemony finish of **Jardine's/Tripps White Iowana** will counter the sweet richness of the blueberry pie. Enhance the Blueberry and Cream Layer Cake with the subtle and pure aroma of **Gauk's Bains Dry Champagne**. A floral hint with dark cherry and ripe raspberry flavors is the top choice for this stellar Blueberry and Cream Pie. So keep it simple with **Bevolved**.

#### BLUEBERRY ALMOND BUCKLE

##### SERVES 8

ACTIVE TIME 30 MINUTES

READY TIME 1 HOUR 15 MINUTES (including cooling)

COOKING TIME

This moist blueberry cake is topped with crumbs and covered with sliced almonds. Don't miss in the cream as the cake bakes. Vanilla or any berry flavor for cream makes a good accompaniment when serving. May be frozen.

**NOTE:** If using frozen blueberries, do not defrost.

##### Topping

- 1/4 cup (1/2 stick) unsalted butter (softened)
- 1/4 cup light brown sugar, packed
- 1/4 cup all-purpose flour

##### Cake

- 1/2 cup plus 1 Tbsp. all-purpose flour (divided)
- 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup (1 stick) or frozen blueberries
- 1/4 Tbsp. (1/2 stick) unsalted butter at room temperature
- 1/4 cup sugar

##### 2 eggs

- 1 tsp. vanilla extract
- 1/4 tsp. almond extract
- 1/4 cup fresh milk
- 1/4 cup sliced almonds

1 Preheat oven. In a large mixing bowl, use an electric mixer on medium speed to beat butter and brown sugar until blended. On low speed, mix in flour just until crumbs form and flour is blended, about 1.5 minutes. Be careful not to overmix — the mixture should be very crumbly. Transfer crumbs to a smaller bowl and save the large bowl when mixing the batter.

2 Preheat oven. Preheat oven to 325°F. Spray an 8-inch square or 9-inch round baking pan with vegetable cooking spray.

3 Mix 1 1/2 cups of the flour together with baking powder and salt. Set aside. In a medium bowl, gently mix the blueberries and remaining 1 Tbsp. flour together. Set aside.

4 In a large bowl, beat the butter and sugar with an electric mixer on medium speed until smooth, about 1 minute. Mix in the eggs, vanilla, and almond extract until blended, about 2 minutes. Add half the flour mixture, and mix on low speed just to incorporate. Add milk, mixing until blended. Add remaining flour mixture, mixing just until incorporated and batter is smooth. Batter will be thick. Use a spoon to use blueberries into the batter. (If you use frozen blueberries, the batter will become soft.) Spoon the batter into the prepared pan and use the back of a spoon to smooth the surface and spread batter in the pan. Sprinkle the reserved crumbs topping evenly over the batter. Sprinkle the almonds over the crumbs, pressing them gently into the crumbs.

5 Bake for 30 to 40 minutes, until a toothpick inserted into the center of the cake comes out clean. Cool the cake thoroughly in the pan about 2 hours. Cut into squares or wedges and serve at room temperature. The cake may be prepared up to 2 days before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (SPECIFICALLY FOR CARBOHYDRATES, FIBER, AND SUGAR): 150g CARBOHYDRATES, 1g FIBER, 10g SUGAR. (NUTRITIONAL VALUES ARE APPROXIMATE.)

# Blue on Blue

Melanie Chandler's first-place pie is a two-time winner

**FOR BLUE-HEADED BAKERS:** Melanie Chandler of Cherryfield, Maine, scores more with quality ingredients. "Including individual ingredients by hand created of using per-portion products means it can cook more beautifully," she says. "I do a lot of shopping for Maine's Place," she says. "The carefully selected ingredients in Melanie's blueberry pie helped make it a two-time winner at the historic Wild Blueberry Festival—a won first place in 2008 and again in 2009, when it also won Best of Show."

This pie has been a work in progress for Melanie for quite a while. "It's been in my head for the last 30 years," she says. She entered her perfected recipe to the contest on a whim in 2008. "When her husband, Mark, and brother Steve wondered if it was just a flake, she entered again in 2009—and won again."

One of the pie's "secret" ingredients is butterfat. "It's butter," she says. "It will lose the flavor of butter," she says. "I'll dress up my dough." Melanie, who learned how to make a pie dough from her grandmother, enjoys cooking for her husband and three boys. "I do for my children, Sarah, 21; Zachary, 17; and Benjamin, 13. It's fun to try new things on my family menu because when they're gone, you get it."

In her kitchen, pie crust, the proportion of fat to flour, are fairly standard. "Blueberries, who created the original blueberry recipe in this article, likes to use a mix of butter and vegetable shortening; all butter may also be used. The secret," she says, "is to handle the dough as little as possible. 'Tip your hands and use your touch your crust. If you can help it,'" she says.

## MELANIE A. CHANDLER'S FIRST-PRIZE BLUEBERRY PIE (MAKES 10)

**MAKES 4 to 6 servings (or 10 servings)  
1 1/2 hrs. (1 hr. to cook)  
1/2 hr. (1 hr. to cool)  
2008 and 2009  
100% (100% to 100%)**

### Filling

- 1 cup (1/2 cup to 1 cup) blueberries
- 1 cup (1/2 cup to 1 cup) sugar
- 1 cup (1/2 cup to 1 cup) flour
- 1 cup (1/2 cup to 1 cup) butter

### Pasty

- 2 1/2 cups flour
- 1 cup oil

1 cup (1/2 cup to 1 cup) sugar

1 cup (1/2 cup to 1 cup) flour

1 cup (1/2 cup to 1 cup) butter

1 Prepare filling. In a large bowl, combine blueberries, sugar, cinnamon, lemon juice, and corn starch. Heat over medium heat until thickened, stirring gently and often, about 15 to 20 minutes. The mixture should be thick, pudding-like. Pour filling into a mixing bowl to cool while you prepare the crust.

2 Prepare crust. In a large bowl, mix together flour, salt, and sugar. Cut short-

ening into the dry ingredients with a pastry blender or a fork and knife—or hands. (The warmth from your hands can soften the texture of the pastry.) When dough is firm and crumbly, mix more. Use a fork to blend together again, as needed.

3 Divide the dough in half and form into two disks. Handling it as little as possible. On a lightly floured surface, or between 2

lightly floured sheets of waxed paper, roll out one disk to fit the 9-inch deep dish pie pan and place in the pan. Pour reserved filling into the crust.

4 Roll out the remaining disk of dough into a circle large enough to cover the pie. Place it over the filling and crimp the edges to cover the top. Cut 4 to 6 in the top and vent the top with about 1 cup sugar. Bake at 350°F for 35 to 40 minutes, until crust begins to turn pale gold. Let pie cool to room temperature (about 60 to 90 minutes) before slicing. Use the filling, can, or serve with vanilla ice cream or whipped cream, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (UNCOOKED, UNCOMBINED): 400 CALORIES, 100g CARBOHYDRATE, 10g FIBER, 10g PROTEIN, 10g FAT, 10g SUGAR, 10g SODIUM



## BERRY GOOD

One of the first fruits indigenous to North America, wild blueberries have long been prized by Native Americans and early colonists quickly learned how to harvest and enjoy the sweet berries. Today, you'll find healthy blueberries in our salads, your meals, fresh smoothies, and more.

### BLUEBERRY BARBECUED PORK SERVED 4

ACTIVE TIME: 15 MINUTES  
TOTAL TIME: 3 HOURS

There's no need to stand over a hot fire and watch over your dinner with this barbecue. Pour the sauce over a pork roast and let the oven produce falling-off-the-bone meat, devoured in season. We serve it covered double the recipe.

**Note:** If using frozen ham bones, do not defrost.

- 3 lb. bone-in pork loin roast
- 1 (16-oz.) bottle Taste of Inspirations® Maple Chipotle Barbecue Sauce
- 4) top sweet lettuce
- 1 medium onion, chopped coarsely
- 3 cups fresh or frozen blueberries
- 6) whole wheat butter rolls (store-bought preferred)

1 Preheat the oven to 325°F. Place the pork on a Dutch oven or roaster pan with a lid.

2. In a medium bowl, combine barbecue sauce, ketchup, onion, and blueberries.

Pour over pork. Press lid over top of pot and cover with lid to make a tight seal. 3. Bake for 1 hour, 45 minutes to 3 hours until meat is tender. Remove from oven.

BLUEBERRY BARBECUED PORK

When meat is cool enough to handle, transfer to a carving board and remove bones and any remaining fat. Use two forks to carefully shred meat, and return to the pot with sauce. Cover and bake for an additional 30 minutes. Serve immediately or cover and refrigerate overnight. Reheat covered when ready to serve. 4) To serve, cut rolls in half and open pork with sauce over inside. Top with sliced pickles, if desired. Serve warm.

### BLUEBERRIES IN A BOTTLE

Add the taste and tangy flavor of blueberries to your meal with Taste of Inspirations® wild blueberry products.

- **Drizzle Inspirations Wild Maine Blueberry Vinaigrette** over mixed greens tossed with tomato wedges and goat cheese.
- **Top-grilled steak with Inspirations Wild Maine Blueberry Barbecue Sauce.**
- **Try a gourmet butter sandwich with Inspirations Wild Maine Blueberry Fruit Spread.**

APPROXIMATE NUTRITIONAL VALUES PER SERVING (UNCOOKED, UNBREADED, UNCAKED, UNBROILED) (PER 100g EXCEPT WHERE SHOWN OTHERWISE):  
1 CALORIE, 0.000000g FAT, 0.000000g









Fresh and flavorful  
dishes inspired by a great  
coastal celebration

# Hooked on Seafood

BY LIZ DRUNG PHOTOGRAPHS BY MARK FERRI

**f**or the past two decades, coastal New Hampshire has welcomed 150,000 people annually to the Hampton Beach Seafood Festival. Culinary demonstrations from New England chefs feature tips and recipes for favorites like lobster, clams, shrimp, and all kinds of fish. Around 60 restaurants compete to win awards for Best Chowder, Freshest Catch, Most Creative Cuisine, and Best of the Festival. There are also activities for kids and live entertainment for the whole family.



# NEW ENGLAND PHILIA

SERVES 8

ACTIVE TIME: 45 MINUTES

TOTAL TIME (including 10 minutes)

One tradition of the beloved Spanish dish relies on ome-lets made with sautéed sausage, blackstock clams, and shrimp. This dish is flexible — other meats such as chicken may be used. Recipe may be halved.

- 1/4 1/2 cup extra virgin olive oil, divided
- 1/4 1/2 cup or more Italian chicken sausage or chorizo
- 2 1/2 cups garlic, minced

- 1 medium Spanish onion, chopped
- 1 red bell pepper, chopped
- 2 eggs large (from whole hen)
- 1/4 1/2 cup paprika
- 1/4 1/2 cup dried tomato
- 1/4 1/2 cup ground corn
- 1/4 1/2 cup sofrito
- 1/4 1/2 cup salt
- 1/4 1/2 cup freshly ground black pepper
- 1/4 1/2 cup tomato rice juice
- 2 1/2 cups low sodium chicken or vegetable broth
- 1 cup frozen green peas, thawed
- 1 cup current chopped tomatoes with salt

- 1 dozen blackstock clams, scrubbed clean
- 1 1/2 cups shrimp, peeled and deveined with tails left on
- 1/4 1/2 cup chopped parsley (optional)
- 1 1/2 min. cut into 8 wedges

- 1 Preheat oven to 350°F. Spray a 9 by 13-inch pan with vegetable cooking spray.
- 2 In a very large skillet or a stockpot, heat 1/4 cup of the oil over medium-high heat.
- 3 Add sausage and cook until browned, about 7 to 10 minutes. Remove from pan. Wipe out enough to handle; place sausage diagonally into 1/2 inch slices and set aside.
- 4 Add remaining 1/4 cup of oil to pan and heat over medium-high heat. Add garlic, onion and bell pepper. Sauté until softened and onion is translucent, about 7 minutes.
- 5 Add rice and stir to coat with mixture. Add paprika, remaining onion, salt and black pepper. Stir to coat rice. Add clam juice and broth to pan and bring mixture to a simmer over medium-high heat. Reduce heat to medium-low and simmer for 5 minutes.
- 6 Place rice mixture into prepared baking pan. Add peas and tomatoes and stir to combine. Arrange clams, shrimp and reserved sausage on top of rice. Cover baking dish with foil.
- 7 Bake for 45 to 55 minutes until rice has absorbed all the liquid and clams have opened. Remove foil and let dish rest for 5 minutes. Decorate with parsley if desired and serve immediately with lemon wedges on the side.

APPROXIMATE NUTRITIONAL VALUE PER SERVING:  
240 CALORIES, 41% CARBOHYDRATE, 23% PROTEIN,  
36% FAT, 10% FIBER, 10% CHOLESTEROL,  
10% SODIUM, 10% FIBER

## SUSTAINABLE CHOICES

Renowned for commitment to ensuring that all seafood products sold in our stores are responsibly sourced. Learn more about our partnership with the Gulf of Maine Research Institute and other groups at [hannaford.com](http://hannaford.com).



## EASY SEAFOOD SPECIALS

Take an inspired chef's Simply Sauce turn up

concoctions a special meal. Try these combos:

- **Inspired Italian Caribbean-style Simply Sauce and seafood** or
- **Inspired French-Asian Simply Sauce and lobster**
- **Inspired Mediterranean Simply Sauce and scallop**
- **Inspired Thai Simply Sauce and shrimp**
- **Inspired Thai Curry Simply Sauce and shrimp**
- **Inspired Thai Curry Simply Sauce and salmon**

## CLAM AND CORN 'FRITTERS' WITH LEMON ASPI

YIELD: 2 (10-ounce) servings

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 1 HOUR 5 MINUTES

These baked fritters, a glowing lighter alternative to the traditional deep-fried variety, are delicious with a quick garlicky chili sauce or simply served as an appetizer. May be frozen.

### Aspi

1. 1 clove garlic
2. 1 cup minced hot mushrooms
3. 1 tsp olive oil
4. 1 tsp lemon juice
5. 1 tsp fresh lemon juice
6. 1/2 tsp freshly ground black pepper

### Fritters

1. 1 medium sweet onion, sliced (about 1 1/2 cups)
2. 1 cup all-purpose flour
3. 1/2 tsp baking powder
4. 1/2 tsp salt
5. 1/2 tsp freshly ground black pepper
6. 2 eggs, beaten
7. 1 cup milk
8. 1 cup corn or corn oil
9. 1 cup fresh or frozen frozen corn
10. 1/2 cup hot sauce

1. Preheat oven to 375°F. Spray 2 baking sheets with olive oil cooking spray and set aside.
2. Make the chili. In a food processor, pulse garlic and finely minced. Add mushrooms, onion, oil, lemon juice, and pepper. Pulse to combine until smooth. Transfer to a small container and refrigerate until ready to use.
3. Make the fritters. Spray a nonstick skillet with olive oil cooking spray and heat over medium-high heat. When pan is hot, add onion and sauce and sauté until onion is browned, about 4 minutes. Set aside to cool.
4. In a medium bowl, mix flour, baking powder, salt, and pepper. Set aside. In a large bowl, combine eggs, milk, and oil and whisk together lightly. Add reserved onion, corn, and chili. Add dry ingredients and stir until just combined. Be careful not to overmix.
5. Drop heaping tablespoons of the dough onto the prepared baking sheet. 2 inches apart. Bake for 12 to 14 minutes or until a toothpick stuck in the center of a fritter comes out clean.
6. Preheat broiler during last 5 minutes of baking time. Place fritters under broiler for about one minute until lightly browned.
7. Serve warm with chili dipping sauce. Top with lemon wedges if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (20 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN, 10g FAT) TO SUPPORT YOUR WELL-BEING, PLEASE CONSULT A NUTRITIONIST.

CLAM AND CORN 'FRITTERS' WITH LEMON ASPI





## WILD ALASKAN SALMON KABOBS

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES (INCLUDING

SAUTERING TIME)

These Mediterranean-inspired skewers include sea quark and easy-to-pepper and parsnip peas, health benefits. Serve with cucumber cucumber and lemon vinaigrette. Recipe may be halved.

**Note:** If you're using needles skewers, be sure to pre-soak them for at least 15 minutes.

1. Prep fresh lemon juice
2. Prep extra virgin olive oil
3. Prep fresh thyme and 1/2 cup, dried
4. Prep dried rosemary
5. Chop garlic, minced
6. To wild Alaskan salmon fillet, cut into 1 to 2 inch chunks
7. Cut large balls of egg to mushrooms with stems trimmed
8. Cut cherry tomatoes
9. Medium onion, cut into 1/2 inch cubes
10. Prep salt or lettuce
11. Prep finely ground black pepper or to taste
12. Lemon cut into wedges

1. In a large mixing bowl, whisk together lemon juice, oil, thyme, rosemary and garlic. Add salmon and let marinate 10 to 30 minutes. Preheat grill to medium-high heat.

2. Alternating mushrooms, tomatoes, onion and salmon pieces, place 2 or 3 of each on 1 to 12 skewers. Brush vegetables and fish with marinade and sprinkle with salt and pepper.

3. Brush grill with vegetable oil. Place skewers on grill and cook 2 to 3 minutes on 4 sides. For a total of 8 to 12 minutes salmon should bake when cooked through.

4. Serve hot, with lemon wedges on the side.



## good and healthy

Summer is the best season for wild Alaskan salmon — during July and August we carry sockeye salmon. This flavorful fish, with no added chemicals or fats, provides healthy omega-3 fatty acids, is wonderful for your heart, and is also a good source for protein, iron, and vitamins B6 and E. For more salmon recipes see pages 36 and 44.

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APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
200 CALORIES, 100 CARBOHYDRATES, 100 MILES  
AND 100 CALORIES PER 100 MILES.  
GOOD AND HEALTHY.

For more information, visit the *Alaskan Salmon Skewers* website at [www.alaskan-salmon.com](http://www.alaskan-salmon.com).



Succulent, tender ribs don't require hours of grill-broiling

# SUCCESS SECRETS OF GREAT RIBS

BY BEVERLY BALLARD • PHOTOGRAPHY BY HEATH HOBBS

There's no shortage of opinions about ribs. Whether fine bone, barbecue, rag, cash, meat, or pork-cook — or just showing up to enjoy the meat — they tend to talk about their favorite finger food. For one weekend in August, thousands of rib-lovers converge at the Hudson Valley Ribfest, in New Paltz, NY, to savor open-roasting specialties in a family-friendly, backyard atmosphere. In addition to the delicious food, the festival features a cooking contest, live musical entertainment, a variety of children's activities, and demonstrations that teach the secrets of superior barbecue.



For some Filipino participants, firing up the grill is a social business. Many barbecue societies have cookouts where grill masters compete for as much as \$10,000 in prize money that the crowd cook doesn't tend to let go upon a crowd — such a trade leaves how you can make delicious ribs at home.

Our recipes highlight three types of ribs prepared according to these different methods. Peep Southern Style Pork Ribs are baked, then quickly grilled. Principally-Ginger Spiced ribs are marinated overnight, then roasted and finished on the grill. And the meat for the Southern BBQ Ribs Sandwich is dry rubbed, baked then finished on the grill. Not enough to satisfy your rib cravings? There's also a Filipino champion ribs recipe from Mr. Robert "Barbecue" (BBQ) Adams.

## HOMELESS BBQ RIB SANDWICH WITH TANGY COLSLAW

SERVED 8

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 4 HOURS 45 MINUTES (INCLUDES MARINATING TIME)

This sandwich combines tender mustard-glazed meat with a cool, tangy slaw. The pork may be frozen. Recipe may be halved.

### ribs

- 3 lbs. boneless country-style pork ribs
- 1 Tbsp. liquid oil (vegetable<sup>1</sup> or Northwest Native Protein<sup>2</sup>)

### Colslaw

- 3 Tbsp. olive oil
- 3 Tbsp. rice vinegar
- 1 Tbsp. honey
- 1 tsp. yellow mustard
- 4 cups coloslaw mix

### Sauce

- 5½ cup Impassioned Honey Bourbon Bril Sauce<sup>3</sup>
- 1 Tbsp. honey
- 1½ cup dry mustard powder such as McCormick's
- 1 tsp. Cajun mustard
- 1 Tbsp. olive vinegar
- 8 barbecue sauce<sup>4</sup> all Natural Good to Go<sup>5</sup>

## good and healthy

Chapelle provides the smoky heat in the rub used to flavor the Peep Southern-Style Pork Ribs. A chapote is a smoke-dried paprika that rubs contain a lot of moisture, moisture, sodium, iron, magnesium, potassium, and retinol. Like any chili, chapote derives its spiciness from capsaicin, a substance primarily found in the seeds. Rubs are also good for its distinct flavor. Chapote may help prevent cardiovascular blockages and certain types of cancer. Chapote also lowers the risk of type 2 diabetes and even liver and lung cancer symptoms.

1. Prepare the ribs. Spray both sides lightly with olive oil, avoiding spicing them. Apply the rub. Cover in plastic wrap and refrigerate at least 6 hours, up to overnight.
2. When ready to cook the ribs, preheat oven to 300°F. Spray a large piece of heavy-duty foil with cooking spray and place ribs, meaty side up, inside foil, wrap securely to cover. Place the packet on a baking sheet and cook until the meat is very tender, about 2 hours.
3. Prepare the coloslaw in a large bowl, whisk together all vinegar and honey. Add coloslaw mix and coloslaw mix and toss to coat thoroughly. (May be prepared 1 day in advance and refrigerated.) Let stand at room temperature for at least 30 minutes before serving.
4. While the ribs are in the oven, prepare the sauce. In a saucepan, combine grill sauce,

- honey, mustard powder, Cajun mustard, and vinegar. Bring to a simmer over medium, high heat, stirring, then remove from heat.
- 5. Preheat grill to medium heat. Remove ribs from packet and grill them, brushing occasionally with the mustard glaze, until the surface begins to caramelize, about 10 minutes. Slice coloslaw rolls and place at the edge of the grill for 1 to 2 minutes.
- 6. Assemble the sandwich. Heat, for meat side, sauce, and divide among the 8 rolls. Drizzle with any remaining sauce. Top with coloslaw and more sauce.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (PREPARED): 260 CALORIES, 120 PROTEIN, 200 mg CHOL, 100 mg SODIUM, 10 mg VITAMIN C, 10 mg VITAMIN E, 10 mg VITAMIN K, 10 mg VITAMIN A, 10 mg VITAMIN B.





## FIRRY SOUTHERN-STYLE PORK RIBS

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR

Try on the cooking liquid infused these ribs with a habanero depth that balances the heat of the chipotle barbecue sauce. Recipe may be halved and may be frozen.

### ribs

1. sausage containing black rice, such as English breakfast or Nature's Place Original Black Tea
2. eggs, boiling water
1. Top: fresh lemon juice
1. May: sugar
1. onion
1. salt butter
2. small bottled or dry pork ribs (about 1 lb for per rack)

### Sauce

2. Top: vegetable oil
2. Keweenaw, minced
1. top: chili powder
1. top: ground chipotle pepper or 1 to taste
- to: egg white vinegar
1. egg white vinegar
2. Top: dark brown sugar (packed)
1. Top: Worcestershire sauce

1. Place two bags in a medium bowl and add boiling water. Soak for 4 minutes, then drained bags and pour to make a large pot. Stir in brown pork and sugar. Cook over a boil. Reserve one half and add remaining half and the bag leaves to the rest. Then place ribs in the pot. Add water to cover the ribs. Over high heat, bring the mixture to a boil. Reduce heat to medium low and simmer, periodically skimming foam off surface, until most of water done, 45 minutes. About 10 minutes before removing the ribs from the cooking liquid, preheat grill to medium heat.

2. While ribs are steaming, prepare the sauce. Heat oil in a small skillet over medium high heat. Finely chop the onion and onion. Add to the oil. Cook until translucent, about 5 minutes. Add garlic and stir until the garlic aroma is released, about 10 seconds. Stir in the chili powder and the vinegar. Add vinegar and stir to



Photo: iStockphoto.com/Chris Jones

### beer suggestions

For the Firry Southern Style Pork Ribs, choose a drink that pairs with the ribs and the main course.

The ribs, which are served with a small drink, pair well with a small glass of **Leinenkugel's Summer Shandy**, a spry blend of lemonade and beer with a tangy, tangy flavor. The ribs, which are served with a small drink, pair well with a small glass of **Leinenkugel's Summer Shandy**, a spry blend of lemonade and beer with a tangy, tangy flavor. The ribs, which are served with a small drink, pair well with a small glass of **Leinenkugel's Summer Shandy**, a spry blend of lemonade and beer with a tangy, tangy flavor.

beef or brown bits sticking to the pan. Stir in barbecue sauce and Worcestershire sauce and simmer until slightly thickened, about 10 minutes. Transfer sauce to a blender and blend until smooth. Alternatively, use an immersion blender.

3. When the ribs are tender, remove them from the cooking liquid and drain well. Brush some of the sauce over both sides of the ribs. Place ribs on the preheated grill bone side down, and grill on medium heat

uncovered for about 3 to 5 minutes on each side, basting occasionally with remaining sauce, until exterior begins to caramelize. Remove from grill to a serving platter and serve immediately with remaining sauce on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (EXCLUDING THE CARBOHYDRATE AND FIBER FROM THE SAUCE): 400 CALORIES, 20g FAT, 30g CARBOHYDRATE, 30g PROTEIN, 10g FIBER.

# World-Class Ribs

Tips from world champion BBQ pitmaster Eric Johnson

**THE NEXT TIME YOU FIRE UP THE GRILL,** make a rib roast to remember. For some scores from a master, we spoke with Eric Johnson of Smokeylands BBQ, whose team Mr. Bobo's Traveling BBQ Awards won last year's Grand Champion in the Mountain Valley Division. These ribs make compete in events throughout the Northeast and beyond. We asked him how to get serious flavor on a backyard grill.

## Best herbaceous ribs (special equipment?)

True barbecue is cooked using indirect heat — you create a heat source on one side of the grill and place the meat on the other side. Most charcoal or gas grills accommodate an offset fire.

**What should people know when standing next to the grill just got the right heat?** While beef ribs are an excellent choice, pork ribs are what most people think of for herbaceous. We use only St. Louis-style ribs as our competitors for their sweetness, appearance and even cooking time.

## How many racks should a host get?

A rack has enough ribs to feed 10, often two servings people. But people love barbecue and for some it's a rare treat, so you should probably have more on hand. If you know some guests are heavy eaters, count on a whole rack for them.

## In a lot of advance work involved?

No. On the day you're going to cook your ribs, remove them from the refrigerator and bring them to room temperature. While the ribs are resting, it's time to make a dry rub to apply to the ribs before cooking. There are many great rubs available in Harford, or try the recipe for our Mighty Four Smoke Rub.

## MR. BOBO'S TRAVELING BBQ ALLSTARS MIGHTY FINE SMOKY RUB

- 1/2 cup dark brown sugar per rack
- 1/4 tsp garlic salt
- 1/4 tsp onion salt
- 1/4 tsp celery salt
- 1/4 tsp chili powder
- 1 tsp freshly ground black pepper
- 1/4 tsp cayenne pepper
- 1/4 tsp salt
- 1/4 tsp ground mustard
- 1/4 tsp ground cumin

Mix all ingredients in a medium bowl. Uncooked ribs can be refrigerated for three months in an airtight container.

## Rubbing the Right Way

Here's Eric Johnson's method for making perfect ribs on your home grill.

1. Remove ribs, wash, cold water and pat dry with paper towels. Remove any silver skin on the bone side. Apply a light coat of oil.



2. If using charcoal, build a fire with 4 to 6 pounds of lump hardwood charcoal in a pre-seasoned briquette. The charcoal should burn for about 30 to 45 minutes and begin to crack when you place the ribs on the grill. If using gas, the burner temperature at the grill on the side where you'll place the meat should be 475 to 525°F.

3. Place the ribs on the grill meat side up. Monitor the temperature on the cooking side. After 1 hour, check the ribs. They should be starting to darken. Add more charcoal if needed.

4. Grill for another hour. Remove the ribs and place bone side down on a double sheet of foil. Sprinkle dark brown sugar and dry rub on the meat side, then drizzle 1/4 to 1/2 cup of apple juice per rack. Fold up the sides of the foil and tightly wrap the ribs. Return to the grill meat side down.

5. After cooking 1 more hour, remove ribs from grill and unwrap. If a soot-spoke smoky flavor between two ribs, the ribs are done. If not, unwrap and return to the grill for an other 30 to 45 minutes. Once ribs are done, remove from foil and remove any juice.

6. In bowls and place the ribs on top your grill for direct heat cooking. With charcoal move the coals to the center and add more to raise temperature to 550-575°F. Rub gas turn on the additional burners to the same temperature. Mix 4 parts BBQ sauce — the Awards favorite brand is Habbers — to 1 part reserved juice from the ribs bowl, and stir until blended in a consistency that will coat the back of a spoon. Brush on meat bone side first, then meat side. Place ribs on the hot grill meat side down for 2 to 3 minutes with the grill cover open. Turn, remove meat side with sauce, close the cover and cook for 4 to 5 minutes. Remove from the grill and let rest for 10 minutes, then eat and enjoy!



PHOTOGRAPH BY JAMES HARRIS

## PORK RIBS RUNDOWN

Many pork ribs, especially also labeled as baby ribs, are small ribs and longer cut from the loin or back portion.

**Spareribs** cut from the front ribs, are larger, flatter, and contain their bony backs, with robust flavor thanks to the high proportion of bone and fat.

**St. Louis ribs**, a popular variety cut from the heart or belly of the spare ribs, are tidy and easy to work with.

**Southern-style ribs** are cut from the shoulder to pork butt to make a more uniform cut. That's also why it's cook and go!

**Country-style ribs** come from the front end of the loin with high-fat content that adds great flavor. Often available boneless.

## PINEAPPLE-SHOGGIE SPARE RIBS

SERVED 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 24 HOURS (INCLUDES OVERNIGHT MARINATING)

The two-part cooking process — roasting then grilling — ensures that these ribs come out tender with a caramelized glaze from the sugar-soaked marinade. Recipe may be halved and may be frozen.

1. Prep vegetables: oil
1. Wash scallions, minced
1. Slice barely minced fresh ginger
1. Stirred garlic, minced
2. 1/2 to 1 cup crushed pineapple in pineapple juice

- 1/2 cup orange juice
- 1/2 cup fresh lemon juice
- 1/2 cup fresh lemon juice
- 1/2 cup fresh lemon juice
- 1/2 cup fresh lemon juice
- 1/2 cup fresh lemon juice

- 1/2 cup crushed red pepper flakes
- 1/2 cup pork spareribs
- grilled pineapple slices (optional)

**1. Prepare the marinade:** Mix oil over medium-high heat. Add scallions, ginger, and garlic and cook, stirring, until sizzling, about 3 minutes. Remove from heat and add pineapple (with the juice), orange juice, lemon juice, lemon juice, soy sauce, brown sugar, and red pepper flakes and stir well to combine. Reserve half the marinade in a container and refrigerate. Place the remaining marinade in a large, resealable plastic bag with the ribs. Turn to coat the ribs and refrigerate overnight.

**2. While ready to cook the ribs:** Preheat oven to 325°F. Spray a roasting pan with vegetable cooking spray. Remove ribs from bag and place in the pan, pouring marinade from bag on top. Roast uncovered until the meat is tender, about 90 minutes. Ten minutes before the ribs are ready to come out of the oven, preheat grill to medium heat.

**3. While ribs are in the oven:** make the grill sauce. Pour the reserved marinade into a small saucepan. Bring to a boil over high heat, then lower heat and simmer until the sauce is reduced by about 1/2 and slightly thickened, about 5 minutes. Transfer to a blender and blend until smooth, about 30 seconds (the sauce will be thick). Alternatively, use an immersion blender.

**4. Transfer ribs to the preheated grill and cook:** covered, turning once and brushing with the grill sauce, for about 3-to-7 minutes per side, or until the outside begins to caramelize. Let the meat rest for 5 minutes. Then serve with remaining sauce on the side and grilled pineapple slices, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (EXCLUDING THE CARBOHYDRATE FROM THE PINEAPPLE): 310 CALORIES, 10g FAT, 10g PROTEIN, 10g CARBOHYDRATE, 10g FIBER.

Bevory's Bakery is a specialty wheat-based in Springfield, Mass.





# GARDEN SALAD WITH TOFU "CRISCONS" AND GARLIC CHIPS

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

This is a salad for garlic lovers. — it infuses the tofu and the dressing, and fried garlic chips add crunch. Recipe may be halved.

1. Oil-soaked, super-firm cubed tofu, drained
2. Toppings: Inspirations Lemon Garlic Marinate
3. 1 clove garlic, minced
4. Toppings: Inspirations Garlic Dressing or dressing
5. Toppings: fresh lemon juice
6. 1 egg, 1/2 cup mayonnaise
7. 1/2 cup fresh bread, cut into 1/2-inch cubes
8. 1/2 cup freshly ground black pepper
9. Toppings: minced parsley
10. Toppings: chopped chives



TOASTED GARLIC CHIPS WITH BUTTER  
"CRISCONS" AND GARLIC CHIPS



## WINE SUGGESTIONS

Garlic dishes merit wines that have a little tanginess. For the Classic Red Almond, choose a spicy, firm-tanned New Zealand Sauvignon Blanc with a vibrant citrus. Choose the Monterey Bay Local in Merlot because of its rich, dark, and chocolate notes to complement the savory flavors of the garlic and fresh vegetable salads.

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1. (7 oz.) pkg. Inspiration® Baby Buns® (18 count)
2. medium tomatoes, sliced and cut into 8 wedges each
3. cucumber, peeled, halved lengthwise and cut into half moons

**k. Preheat oven to 450°F.** Line a baking sheet with foil and spray with vegetable cooking spray. Toss rolls with tomatoes, making sure all rolls are coated. Spread in a single layer on the prepared baking sheet. Bake for 13 to 14 minutes, until top surface of rolls is slightly dry and browned. Remove pan from oven and flip rolls over so that the surface that was on the pan is now on top. Bake for another 13 to 14 minutes until golden.

**l. While rolls bake:** finely slice 3 of the garlic cloves, discarding the ends. Heat 1 tsp. of the oil in a medium stainless steel over medium-high heat. Add garlic slices and stir until evenly coated with oil. Use a spoon to serve slices around to keep them from sticking. Sprout until pale gold, stirring occasionally about 1 to 2 minutes.

Transfer garlic slices to a plate lined with a paper towel to drain the oil.

**m. Make the dressing:** In a small bowl, whisk together the lemon juice, mustard, salt and pepper. Finely mince the remaining garlic clove and add. Add any oil left in the pan used to fry the garlic plus enough oil 3 tsp. oil and whisk well. Stir in parsley and olives.

**n. In a large bowl:** mix together remaining tomatoes and cucumbers. Add dressing, garlic slices, and hot rolls and toss. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (DO NOT COUNT THE CARBOHYDRATES FROM BREAD FOR PALEO DIET) SERVING: TWO CUCUMBERS, OLIVE OIL, LEMON JUICE, 1/4 PINT ■



# Celebrating Onions

Flavor and nutrition make this pantry staple a standout

TEXT BY KATHLEEN RADZKY MS, RD. RECIPES BY KELLY PERAZICH PHOTOGRAPHS BY MARK FORM

**T**here's a lot to celebrate about the onion. And Elba, N.Y., the self-proclaimed Onion Capital of the World, does just that every summer. Serving as home of the country's onion and the farm-owned Elba Harvest, a number of different crops for more than 100 years. During the first weekend of August, residents and visiting leaders alike come to the Elba For Onions month Annual Onion Festival to sample the local onion in a variety of dishes and share the meaning of the Onion Queen.

These bulbs are well-endowed with organosulfur compounds (which have medicinal properties) plus antioxidants, including vitamin C and flavonoids. One flavonoid in particular, quercetin, has been singled out for its power against the flu and several forms of cancer, and all flavonoids are weapons against heart disease. Flavonoids may also increase bone density and help control blood sugar levels.

Luckily there are many ways to incorporate onions in all kinds of meals. Here are four recipes that make the most of the pungent onion, and all from Quilting Stars.

## POACHED WILD SALMON WITH PICKLED ONIONS ★

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 40 MINUTES (20 MINUTES COOKING)

MAKES ONE MEAL

In this recipe, two types of onions flavor wild Alaskan salmon. The pickled onions can also be used in sandwiches and salads. Serve with mixed greens. Recipe may be halved.

### Pickled Onions

- 1 160 grams, peeled and sliced paper thin
- 3 Tablespoon cherry vinegar
- ½ Teaspoon honey

### Salmon

- 4 16 to 1 wild Alaskan salmon fillets
- ½ Teaspoon freshly ground black pepper, divided
- ½ Teaspoon dry white wine or dry vermouth
- ½ Cup water
- 1 Teaspoon fine-grained vegetable broth, divided
- 1 Teaspoon cherry vinegar
- 1 Teaspoon Dijon mustard
- 1 Teaspoon finely minced shallot
- 1 Teaspoon olive oil
- 1 Teaspoon minced parsley

- 1 Prepare the pickled onions. Heat water, vinegar, and honey in a medium bowl. Cover and let onions marinate refrigerated for at least 4 hours or overnight.
- 2 When onions are ready, prepare the salmon. Season fillets with ½ teaspoon of the pepper. Bring wine, water, and ½ cup of

the broth to a boil in a large vegetable stocker over high heat. Gently place the fillets skin side down on the liquid and lower heat to medium. Cover the pan and simmer until the fish is firm to the touch and opaque about 10 minutes.

3 While salmon cooks, in a small bowl whisk together the vinegar, mustard, and shallot. Gradually whisk in the remaining ½ cup pepper.

4 To serve, place fish on a serving plate. Drizzle shallot dressing over the fish and top with the pickled onions. Garnish with minced parsley. Some water or a extra component.

APPROXIMATE NUTRITION VALUES PER SERVING: 400 CALORIES, 40 CARBOHYDRATES, 160 PROTEIN, 20g FAT AND SATURATED FAT, 10g CHOLESTEROL, 100mg CHOLESTEROL, 10mg FIBER.







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### COOKING WITH THE STARS

#### LEMONY STUFFED

DAVIDS, R.R.

SERVES 4

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 1 HOUR, 15 MINUTES

These filled onions incorporate  
the vibrant taste of summer.  
Stuffed and prepared, each  
onion can be stuffed in the  
morning, left covered and  
chilled in the refrigerator. Bring  
them to room temperature before  
broiling or cook for an additional  
5 to 10 minutes. Serve with  
brown rice and roasted Swiss  
chard. Recipe may be halved.

- 4 medium red or Spanish onions
- 2 lbs olive oil, divided
- 1 red bell pepper, finely chopped
- 1 olive oil, minced
- 1/2 tsp. fresh lemon
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. onion
- 1/2 tsp. garlic
- 1/2 tsp. salt

- 1 Preheat grill or broiler oven to 400°F
- 2 Cut a 1/4 inch thick slice from the top of



each onion and discard. Trim just enough  
from bottom for onion to stand upright.  
Remove the dry skin and the outermost  
layer of each onion. Use a paring knife and  
a spoon or an ice cream scoop to remove  
the inner layers of the onion, leaving a  
hoop about 2 to 3 layers (2 inch thick).  
Over the remaining outer sections of one of  
the onions and on inside. Save remaining  
sections for another use or discard.

3 Prepare the stuffing. Heat 1 cup of the  
oil in a large sauté pan. Add minced  
onion, onion and bell pepper and cook just  
until tender about 4 to 5 minutes. Add  
garlic, lemon juice and salt. Cook for  
about 10 minutes, until fragrant.  
Add turkey dressing to combine the meat  
and onion until browned about 8 to 10 min-  
utes. Stir in the rice and salt. There should  
be about 2 cups of turkey stuffing.

4 Divide the turkey mixture evenly into each  
onion bowl about 1/2 cup in each, spreading  
it up. Drizzle 1/4 cup of olive remaining olive  
oil mixture of each filled onion. Wrap each  
onion in two layers of aluminum foil and  
grill covered or bake in oven about 30 to 40  
minutes. and onions are just tender.  
Unwrap onions and transfer to a serving  
plate. Serve hot.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
(1/4 CUP): 100 CALORIES, 15g CARBOHYDRATE, 10g PROTEIN,  
10g FAT, 10g SODIUM, 10g FIBER, 10g SUGAR,  
10g CHOLESTEROL, 10g FIBER, 10g SUGAR

# Tomato Time

For enthusiastic cooks and gardeners, August is a month to celebrate — fresh, local tomatoes are here!

BY ADAM REED PHOTOGRAPHS BY KELLER + KELLER

Sweet, juicy fresh tomatoes are a favorite around the world and maybe even in your own backyard — if you're lucky enough to have a few tomato plants growing there. And if there's a prize-winning beauty dangling from one of those vines, you can put your tomato to the test in the 18th Annual Harmon's Place Tomato Festival, set for August 23 in Harmon-Gary Hall Plaza.

Tomato lovers will find plenty to celebrate at the festival, which features vintage tomato recipes and information on nutrition and local farms. Growers and small farmers from across the area bring their bounty to the event. And that is the season when we look to local farms to supply our own Harmon's Place® Tomatoes.

The key to enjoying this summer harvest is to keep things simple, and our Tomato

Place and Taste of Inspiration® products help bring out the best in tomatoes, so that it's a surprise of inspiration. First, do tell us what is a Tomato of Inspiration? Local Dipping Oil. What could be better than a DLI made with Harmon's Place cheese and one of our organic animal breeds? Basic salads and salsas are also great for highlighting fresh tomatoes in their summer peak, and we offer a list of recipes that do just that.

## GRILLED HALLOUMI AND TOMATO SALAD

SERVES 4

active: 15 min. | 45 minutes  
passive: 15 min. | 45 minutes

Halloumi, found in the specialty cheese case, is a low-moisture cheese with cheese

flavors, made with goat's milk that originated in Cyprus. Mild, salty, and just a little tangy, halloumi is common in meat or grill, or broiled on a skewer, on the skewer. Interestingly, adding to its uniqueness, halloumi makes a distinctive squeaking noise when you cut it. This recipe may also be made with less cheese (optional) and may be halved.

1. To halloumi cheese is thick into cheese, cut into 1/2 inch thick cubes, 1/2 inch wide and 1/2 inch in oil, about with paper towels.
1. Top Harmon's Place Dip: 1/2 cup Virgin Olive Oil
3. medium Harmon's Place Tomatoes, cored and cut into 1/2 inch thick slices
1. lemon, cut into four wedges
1. Top: 1/2 cup finely chopped Harmon's Place Organic Chopped Tomatoes
3. Top: 1/2 cup finely chopped Harmon's Place Organic MINT leaves

6. Preheat grill to medium-high. Brush halloumi slices with olive oil and grill covered until the cheese is grill marked and deep golden brown, about 3 minutes per side. Alternately, pan-fry the cheese over medium heat in a nonstick skillet about 90 seconds per side. If using foil, do not grill pan-fry for about 90 seconds per side.

7. Transfer the cooked cheese to a plate and cut each slice into 3 or 4 pieces. Arrange the tomato slices on a serving platter and place the cheese on top of the tomatoes. Spoon the lemon wedge over the cheese, making sure to sprinkle a couple of drops of juice on each piece. Sprinkle with organic and mint. Top with remaining lemon wedges if desired, and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
(% DAILY VALUE) (BASED ON DIETARY GUIDELINES FOR AMERICANS)  
100% FAT, 100% CARBOHYDRATE, 100% PROTEIN,  
100% SODIUM, 100% CALORIES FROM FAT,  
100% SODIUM, 100% FAT





## THEORY

[illegible]

## FLAME TESTS WITH THERMAL ANALYSIS

[illegible][illegible][illegible]

There are two ways to render flank steak. First, serve it rare to medium-rare, cooking it up further with sautés or broil the meat. Second, slice it diagonally across the grain and use it as:

1. Pop culture wingman
2. Top fresh lemon juice
3. Pop inspirations: Flower de Shit (see L&L) or  
Be Kind
4. Pop-friendly spiritual book/journal
5. Temp. inspired turn: Barter: Clipping/Call  
Memor
6. Use: Barter: clout

1. Tropic (tropical) zone: Northwoods (near the Pepper Pond)
2. midwest Nature's Place: Swanton, closed railroad and arch trail cut into living's thick forest
3. large (big) meadow: peatland (filled) and (thinly) (wood)
4. east (tropical) Nature's Place: (tropical) (tropical) (tropical)

**1. Physical grid on high** Monowheel vehicle  
extensive house work, self and mother as

a large level. **Whisking constantly** slowly  
decide in 1) Top of the oil continue  
whisking until the dressing is uniform. Set  
aside.

4. With the remaining 1/4 cup oil over the steak, stir vigorously with mix evenly and rub a new the meat. Grill steak covered over high heat 4 to 6 minutes per side, depending on desired doneness. Transfer to a plate, cover loosely with foil, and let rest for about 10 minutes. Slice steak very thinly on the bias diagonally across the grain, and arrange the slices neatly in the center of a large serving platter.

**3. Work the drawing to resemble:** Add some more wings and most of the head and torso gently to rest with drawing. At rings the child around the closed stick quickly with the remaining head and some extra details.

**WAFD** | **WAFB**

The shape of a mango reminds that of a large, flattened pit. To make nest slices, turn the skin to the right, identify the second side of the mango (where a printing machine cut along the length of a seed slice) and slice as possible the central pit. It is a good technique to clean the skin of the fruit from the pit. Lay the whole skin side down on a cutting board and slice them crosswise or into nest cups, depending on the skin. Put in the skin side flat, which will cause the slices to press in less and separate. You can also separate the skin and the slices and use them as a base and a slice.

1. **PROPOSAL** - The proposal is a document that describes the project and the work to be done. It is a key document in the project management process.

## IN THE BAG

At Hannaford, you can pick up everything you need for a quick and tasty meal that's good for you.



### FAST SUMMER FEARS

#### BOCCACCINO STEAK

Pick up **Seared Boccaccino Beef Steaks**.

**Tip:** at the **Butcher Shop**. That'll go as meat salad, in our bowls, superlatively marinated, so they're tender and flavorful.

In **Produce**, grab a package of steaks in the bag **Virginia Sweet Super Snap Peas**.

Stop at the **Bakery** for a summer salad, like **German Potato Salad**. Dinnertime with **Hannaford's Place™** family from **Produce**.

Also in **Produce**, pick up chilled cooked salmon for dinner, and serve with **crab cakes** from the **Bakery**.

#### CHICKEN CHERRY

**Lebanese Pepper Chicken Cutlets**. Available at the **Butcher Shop**, are ready to cook to taste as you get home.

Pick up a few ears of locally grown, super-sweet **summer corn** from **Produce** and a side of **Virginia Sweet Salad** in the **Deli**.

For dessert, head to the frozen aisle and choose our **cherry desserts**, **Apple of the Week**, **Blueberry Lemon Cheesecake**. Pick up a variety of **honey-poll** quality with **blueberries** and **almonds** from **Produce**. Serve with **fresh strawberries** from **Produce**.

#### LIGHT AND QUICK

For an extra-quick meal, check out our **fast** **Steak**, **Bacon**, **Produce**. They're made fresh, and each comes complete with **fresh greens**, **meats**, **cheeses**, and a **condiment** of dressing. For more details, see page 8.

To round out your meal, add some **homemade** **Cheesy Biscuits** from the **Bakery**, and let us give you a **store** pick up a package of **Braised Chocolate** **Shrimp** for dinner. And food has never been this good.



Visit us online at **Hannaford.com** for more great tips and ideas for on the go meals. Also, gather us information about your grocery list ahead of time.

it's back-to  
**good  
 habits**  
 time



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# Congratulations to Chris Caston & Linda Jankowich

2010 Bake-Off® Finalists and Hannaford Shoppers!



**Chai Brownie Cupcakes with Creamy Froth**

Prep Time: 20 Min. Start to Finish: 1 Hr. 40 Min.

- 10 tea-bags up and over flavored drink tea
- 1 cup boiling water
- 1 box (21.5 oz) Pillsbury® Chocolate Fudge Brownie Mix
- 2/3 cup Crisco® Pure Canola Oil
- 3 EGGLAND® 1 BEST eggs
- 3/4 cup frozen (thawed) extra creamy whipped topping
- 2/3 cup marshmallows (see note)
- 1/2 teaspoon ground cinnamon

- 1 Heat oven to 350°F. Place paper baking cups in each of 10 regular size muffin cups.
- 2 In 2-cup glass measuring cup, steep tea-bags in boiling water 5 minutes. Using back of spoon, press tea-bags against side of cup to make 1/4 cup tea. Discard tea-bags. If necessary, add enough water to tea mixture to 1/4 cup.
- 3 In large bowl, stir brownie mix, 1 egg and oil in low speed until well blended. Divide batter evenly among cups (cups will be almost full).
- 4 Bake 20 to 30 minutes or until toothpick inserted comes out almost clean (turnovers from pan to cooling rack). Cool about 10 minutes.
- 5 Meanwhile, in medium bowl, beat whipped topping and marshmallows on medium speed about 5 minutes or until fluffy. Refrigerate with in cupcake and. Generously frost cupcakes or drizzle top with extra sprinkles with cinnamon.

10 cupcakes

© Pillsbury Bake-Off Company



**Chris Caston** – Jourd'hui ME  
Bake-Off® Contest 44, 2010



**Cheesy Ham and Apple Cups**

Prep Time: 20 Min. Start to Finish: 50 Min.

- 1 can (12 oz) Pillsbury® Crescent® Jr. Dabblers Layer® roll (pre-cut)
- 1/2 cup sliced cheddar
- 1/2 teaspoon (1/2 oz) mustard
- 1/4 cup Smucker® Apricot Preserves
- 2/4 cup finely chopped cooked ham steak or cooked ham
- 2/4 cup finely chopped red apple
- 2/4 cup shredded cheddar cheese (2 oz)
- 2 tablespoons finely chopped green onions (2 medium)

- 1 Heat oven to 375°F. Spray 10 regular size muffin cups (2 1/4 x 1 1/4 inches) with Crisco® Original No Stick Cooking Spray.
- 2 Separate 1 sheet dough into 10 triangles. Crisscross paper, press back (center) into 8 inch round. Place each dough round in muffin cup.
- 3 In medium bowl, stir cheddar, mustard and preserves until well blended. Stir in ham, apple, cheese and onions until well blended. Divide ham mixture among muffin cups.
- 4 Bake 15 to 25 minutes or until edges of biscuits are golden brown. Cool in pan 5 minutes. Serve warm.

10 servings

© Pillsbury Bake-Off Company



**Linda Jankowich** – Lutham, NY  
Bake-Off® Contest 44, 2010